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CBC'S STRANGE EMPIRE AIMS TO CHALLENGE 'CLICHÉ-RIDDEN' WESTERN GENRE BY TELLING THE UNTOLD STORIES PAGE 16

Burned bodies in mass graves may belong to lost students

Relatives give DNA to help ID bodies in wake of protest violence in Mexico PAGE 9

TTC tweaks aim to put the 'rush' back in rush hour

Two extra trains and other measures expected to come at no additional cost PAGE 3

And there's a creepy doll that always follows you

For the release of Annabelle, Metro wraps up Hollywood's dollhouse of horrors PAGE 17

TDSB sets targets based on sexual orientation, race

Closing the learning gap. 'Bold' move enabled by data that board dares to collect

For the first time in Ontario, a school board has set a different — and higher — target for raising the marks of students who are black, Spanish-speaking, aboriginal, Portuguese, gay or lesbian.

The Toronto District School Board has pledged to boost the test scores and report-card marks of students in these groups next year by 15 per cent, compared to 10 per cent for all students, in a bid to shrink the learning gap it has found these students face.

But such nuanced, colour-coded, even sexuality-based planning is possible only because of the gold mine of demographic data that Canada's largest school board dares to collect from its 200,000 students.

It showed, for example, that 32 per cent of students who identify as LGBTQ don't graduate from high school, compared to 22 per cent of those who say they are heterosexual. And nearly half of LGBTQ students, 46 per cent, did not apply to college or university in 2012, compared to just 32 per cent of their straight classmates.

Call it the long-form census of the education world, and it, too, comes with controversy — revered by supporters, but dismissed by critics as intrusive and even stigmatizing.

"Everything we do to move students forward comes out of our census data, even at the highest level. We're the only board in the province that sets different achievement targets for black, Portuguese, Spanish students, aboriginal and LBGTQ," said Jim Spyropoulos, the TDSB's executive superintendent of equity and inclusive schools. "This is a bold move."

The board's sweeping 40-question student survey drills deep into a student's background and home life (identified by code number, not name, to protect privacy) and then links that information to the student's marks and how they feel about school.

This deep level of data is the extreme example of a trend that is starting, gingerly, in schools across Canada.

Ontario now requires all boards to ask First Nations students to self-identify so educators can track what kind of support best helps them engage with school.

Nova Scotia now asks black students to self-identify for the same reason and has begun analyzing test scores by neighbourhood income level.

Ontario's testing body, the Education Quality and Accountability Office, has long broken down results for English-language learners, boys and girls as well as students with special needs.

TORSTAR NEWS SERVICE

GO TO METRONEWS.CA FOR FULL STORY

Systematization

A network of educators based at York University is running a "demographic data and student equity project" to encourage boards to collect this kind of information and offer tips on how to comply with human-rights and privacy laws.

- Ontario's Ministry of Education now mentions "demographic data" in its vision statement, although it stops short of requiring boards to collect it.

HIS BROTHER'S KEEPER?

Mayoral candidates John Tory, Ari Goldkind and Doug Ford during a debate on Sunday sponsored by the United Jewish Appeal and the Centre for Israel and Jewish Affairs. Doug Ford, speaking in front of a crowd that included his brother Rob Ford, had trouble gaining traction as many booed, laughed and shouted down his statements. Goldkind admonished Rob Ford's racial slurs toward Jews and other ethnic groups when answering a question about how he would deal with anti-Semitism. Go to metronews.ca for the full story. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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1 CANYON CLIMBING

On Monday, volunteers will climb the Grand Canyon to raise funds for the Epilepsy Durham Region Pediatric Management Program, which supports families caring for children with epilepsy. For more information, visit epicclimb.ca.

2 BIG CAT TALES

Award-winning National Geographic wildlife photographer Steve Winter talks about his face-to-face adventures on the trail of tigers and leopards around the globe. The event is being held at Roy Thomson Hall until Oct. 7.

3 CLINTON'S KEYNOTE ADDRESS

Former U.S. Secretary of State Hillary Clinton will be in Ottawa today to deliver the keynote address at think-tank Canada 2020's policy conference.

4 BIG DAY FOR CAN LIT

Book lovers, take note: The Scotiabank Giller Prize is announcing its 2014 short list in Toronto today, down from its long list of 12 Canadian books.

5 FUNNYMAN FETED

The American Film Institute is awarding Steve Martin this year's Life Achievement Award, the institute's highest honour. The award will be given at a tribute in Los Angeles in 2015.

TTC to add more trains to rush-hour subway service

No additional cost. TTC is also tweaking some of its operations in a bid to move riders faster and more comfortably

TTC's new deputy chief operating officer Mike Palmer. TORSTAR NEWS SERVICE

The TTC is adding trains to its rush-hour service and tweaking subway operations behind the scenes to give riders more breathing room in the peak hours and cut journey times in the off-peak.

Transit users will also spend less time sitting at terminus stations following a series of operating changes that kick in immediately after the Thanksgiving weekend.

The improvements come at no additional cost, will relieve crowding in the short term and lead to greater subway reliability in the longer term, says the TTC's new deputy chief operating officer Mike Palmer.

The most obvious change will be the addition of two trains during the rush hour on each of the Yonge-University and Bloor-Danforth Lines. With each train carrying about 1,200 riders, there will be more space on the platforms and in the subway, he said.

Palmer has also tweaked the adjusted train and crew scheduling so that operators will be able to finish their shifts on time more often. The reduced overtime costs will help pay for additional train crews.

Other measures will be less obvious to riders, but Palmer, who worked in operations on the London Underground for 29 years, is convinced they will translate into better customer service. Once fully implemented, the TTC should be able to put through its target of about 25 trains an hour on the rush-hour service rather than the 21 or 22 it achieves most days now.

Trains will no longer be allowed to sit in terminus stations at Kennedy, Kipling, Finch and Downsview. A new rule will require them to move off the platform within 30 seconds of a green signal.

"We know what really cheeses customers off is a train hanging around at a terminus. There may be a good reason for that, but it's slowing the service down, so we want to get these trains out as quickly as possible because as soon as they're out the next one comes in," he said. TORSTAR NEWS SERVICE

More changes to come?

Mike Palmer has more tricks up his sleeve. He wants to try a program he calls "four at 40." It would be an attempt to reduce stops where trains stop the longest — crowded stations like Bloor, St. George, Union and Eglinton — to no longer than 40 seconds. If the stations clear faster, he reasons, the trains move quicker all the way down the line, with less time for crowds to build up on the platform.

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Boycotting the TTC.
Crowdfunded bus service starts up in Liberty Village

Dozens of transit-starved Liberty Village residents boycotted public transport and boarded a crowdfunded bus service to get to work Monday morning.

The privately run bus service, dubbed the Liberty Village Express, was scheduled to ferry about 50 passengers to Union Station during rush-hour Monday morning, co-organizer Brett Chang said Sunday.

The first bus was set to depart at 7 a.m. and was scheduled to run four return trips, with the last at 9.15 a.m.

Chang, 23, and Taylor Scollon, 24, coined the concept after hearing about the neighbourhood's transit woes.

Over the past few years, West Toronto's Liberty Village has grown into a huge complex of highrise apartments and townhouses.

The transit system can no longer cater to the growing population and the area is significantly underserved by public transport, Chang said.

The 504 King Streetcar, which collects the Liberty Village commuters, is the busiest streetcar route in the city, carrying on average 60,000 people per day. It is often too crowded to pick up the neighbourhood residents or "they stuff them in like sardines," Chang said.

Resident Stephen Wright said the lack of public transport was tarnishing the neighbourhood.

"There are too many people and no real regard for how the people move — it's more about the cars," he said.

Chang believes Line Six Transit is one of the first crowdfunded bus services in the world. TORSTAR NEWS SERVICE

All aboard

The Liberty Village Express pilot service is running from Oct. 6 to 10.

- **If successful, it will continue to operate and the organizers hope to roll the service out into other areas underserved by the TTC.**
- **Commuters donate $25 per week for five rides — which is $2 more per ride than the TTC $3 token.**

Rye saving students' bread with new meal options

Ryerson Executive Chef Joshna Maharaj in the cafeteria at Ryerson with one of the popular dishes they now sell. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Sourced locally

Under Ryerson's agreement with school-dining behemoth Chartwells, 25 per cent of all goods are sourced in southern Ontario.

- **This includes beef from YU Ranch in Tillsonburg, salad greens from The New Farm in Creemore and organic edamame from Pristine Gourmet in Waterford.** Vegetables are also bought from Rye's HomeGrown, which has eight edible gardens on the campus.

No more 'crappy' food. Ryerson U's food services director ups the ante with fresh, local fare

When Joshna Maharaj took charge of the food at Ryerson University last year there was a lot of negativity to overcome. Terms like "crappy" and "expensive" described the experience of eating on campus. Students and faculty, outraged by multimillion-dollar losses incurred by the multinational corporation that had been the campus food provider for two decades, prompted the school not to renew the company's contract.

As the institution's first-ever executive chef and director of food services, Maharaj works with the new food contractor, Chartwells, and a frontline, mostly unionized staff of about 100, to provide cafeteria and residence meals.

"The history that we inherit is this tradition of really low-quality food at often very high prices and no thought to what the campus actually needs," said the self-described activist chef.

Among her first initiatives was collaborating with the school's in-house design team to establish a Ryerson Eats brand to reflect a vision that gives priority to locally sourced and campus-made food.

"It was all about fresh, clean, no caps and really simple ideas," said Maharaj of the genial logo. "It was very important to me that we had some immediate recognizable difference, because even now, a year in, I am still doing work to get people to actually consider food services on campus when they are looking for lunch."

Other changes are equally noticeable.

Powdered potatoes and frozen pizza are long gone, along with most processed foods. Soups, sandwiches and salads are made on site from scratch. And culturally rich dishes abound, from pho to Moroccan beef stew to borscht. The cost-conscious can chose from three daily "friendly fiver" $5 lunches. TORSTAR NEWS SERVICE

Rob Ford

Mayor to start another round of chemo

Rob Ford's brother says the ailing Toronto mayor will begin a second round of chemotherapy on Tuesday.

Doug Ford says he will be back in hospital then for the cancer treatment.

Rob Ford
THE CANADIAN PRESS

A pale and tired-looking Ford told reporters at city hall on Thursday that doctors have told him there's a 50/50 survival rate for the rare and aggressive cancer in his body. THE CANADIAN PRESS

22-year-old

Police ID body pulled from lake

Police have identified the person pulled from Lake Ontario Sunday as 22-year-old Kavi Kistnasamy of Brampton.

Kistnasamy had been missing since around midnight Saturday morning. He was last seen by friends at Toronto Oktoberfest in the Ontario Place parking lot, said police.

A fisherman found the body in the water Sunday morning, near Atlantis Nightclub in Ontario Place.

Kistnasamy was a software engineer at Kira Talent and a mathematics and statistics student at York University, according to his LinkedIn site.

Police are not treating Kistnasamy's death as a homicide. TORSTAR NEWS SERVICE

Autism research

Is T.O. researcher a Nobel winner?

A Toronto researcher will find out Monday if he has won a Nobel Prize.

Dr. Stephen Scherer is director of the Centre for Applied Genomics at the Hospital for Sick Children in Toronto.

THE CANADIAN PRESS

Ontario's pension plan

Small businesses fear pension plan

The Ontario Retirement Pension Plan is getting a big thumbs-down from small business owners, a new Meridian report shows. It found 77 per cent believe it could be the biggest business challenge they've ever faced. TORSTAR NEWS SERVICE

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NE101G314

Nicholson cagey about length of Canada's combat commitment

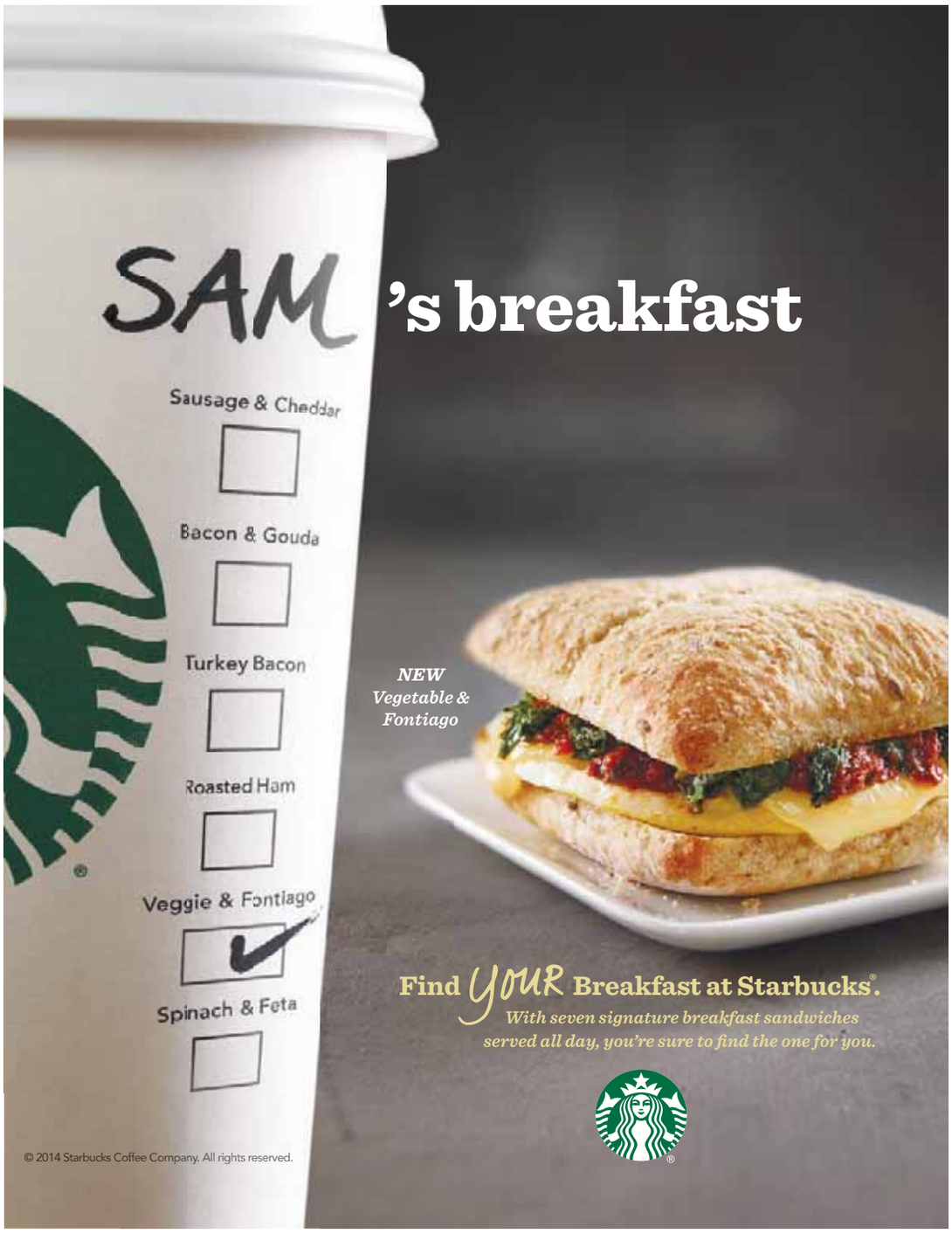
Defence Minister Rob Nicholson is refusing to say whether Canada will bow out of its planned combat role in Iraq after six months or seek an extension.

MPs are expected to vote Monday on the Conservative government's decision to join allies in airstrikes against the extremist Islamic State in Iraq and el-Sham (ISIS), which has been terrorizing stretches of Iraq and Syria.

The opposition NDP and Liberals have indicated they will not support Prime Minister Stephen Harper's plan, partly out of concern Canada could be dragged into a lengthy quagmire. In an interview with CTV's Question Period, Nicholson stressed that the motion before Parliament would commit Canada's CF-18 fighters for a maximum of six months.

But he stopped short of promising that would be the end of Canada's combat mission. THE CANADIAN PRESS

Defence Minister Rob Nicholson
THE CANADIAN PRESS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Bubble ballers bounce around

Vince Farago, left, and his friend Tyler Sammy braved the chilly October air to Toronto. CARLOS OSORIO/TORSTAR NEWS SERVICE

Troubled more support,

Suicides. Traumatic encounters, stressful working conditions and cultures of silence leave officers vulnerable

Some recent suicides among Canada's police officers have mental health advocates redoubling calls for more aggressive government action and greater public sympathy for the emotional well-being of law enforcement professionals.

Traumatic encounters on the job, coupled with stressful working conditions and challenging cultures of silence, leave police vulnerable to mental health stress, they said, arguing the issue is comparable in scope to the more high-profile challenges faced by the country's military community.

The most recent apparent case of suicide, according to multiple media reports, was Staff Sgt. Kal Ghadban, a 22-year veteran of the Ottawa police force whose body was found in his office last weekend.

Canada does not have a central database to track police suicides, but a recent effort to document the problem has some people drawing striking parallels.

The Tema Conter Memorial Trust, an organization that works to raise awareness of the mental health concerns faced by first responders, began logging police suicides in late April.

In just over five months, the group said, it recorded 12 instances where actively serving officers took their own lives. The group said each case was verified with individual police forces or other first responders before being formally recorded as a suicide.

Tema Executive Director Vince Savoia said the

at Bellwoods

do battle during a game of bubble soccer Sunday at Trinity Bellwoods Park in

police need say experts

numbers are comparable to a sharp spike in military suicides last year that had the Department of National Defence fielding harsh criticism from the opposition.

In a three-month stretch from November 2013 to February 2014, the military recorded 10 confirmed suicides.

Savoia said the comparable numbers are not altogether surprising, considering the similar challenges faced by soldiers and cops.

Both groups tend to attract driven, ambitious people who are averse to admitting weakness.

This natural reticence becomes enhanced by an internal culture that discourages signs of perceived weakness and is further reinforced by a more broad-based social stigma toward those struggling with mental illness, he said.

"The expectation within society is that this is a career that police officers choose, and as such they should be prepared," Savoia said in a telephone interview. "Far too often I've heard the comment, 'you'll get no sympathy from me because that's the career you chose and you should have known that you'd be encountering these sorts of situations.'"

The challenges faced by police, experts said, are compounded by a piecemeal system with no central regulation.

There is no national initiative to track suicides within the country's numerous police forces or coordinate efforts to treat mental illness within their diverse ranks, said Terry Coleman of the Police Mental Health Liaison, a research group originally established by the Canadian Association of Chiefs of Police.

THE CANADIAN PRESS

Canadian man in Cuba

To appeal or not to appeal 15-year sentence?

A lawyer for a Canadian businessman sentenced in Cuba to 15 years in prison says a decision will be made this week whether to appeal or let the verdict stand in hopes of speeding his return to Canada.

Cy Tokmakjian, who owns the Ontario-based automotive company Tokmakjian Group, was sentenced last month on corruption-related charges.

Company lawyer Hermenegildo Altozano says there is a Friday deadline on whether to seek an appeal with Cuba's Supreme Court.

He says Tokmakjian's lawyers in Cuba are looking for assurances that he may be released to serve his sentence in Canada if no further legal action is taken.

THE CANADIAN PRESS

Dallas

Officials find homeless man possibly exposed to Ebola patient

Authorities say they've located a homeless man who needs to be monitored because he may have had contact with the lone Ebola patient in the United States.

Dallas city spokeswoman Sana Syed said the man was located Sunday, a few hours after officials first said he was missing.

The person is not considered to be one of the 10 people who definitely had contact with Thomas Eric Duncan, who is in critical condition at a Dallas hospital.

Authorities said Sunday that the man is part of a larger group of 38 people who may have been around Duncan when he was showing symptoms of the disease.

THE ASSOCIATED PRESS

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A pro-democracy student protester wakes after a night on the occupied roads of the financial district in Hong Kong on Sunday. WALLY SANTANA/THE ASSOCIATED PRESS

Protesters in Hong Kong divided on plans to remove blockades

Pro-democracy protests. Officials in Hong Kong have said they intend to have major streets open by Monday morning

Hong Kong's pro-democracy activists agreed Sunday to remove some barriers blocking roads and sidewalks ahead of the government's deadline to scale back their protests. But the demonstrators appeared to be divided, and others refused to budge, with only hours to go.

An alliance of students said it had tried but so far failed to reach agreement with officials on a plan to begin talks on their demands for wider political reforms. The group vowed to continue protests until details of the talks might be worked out.

Earlier in the day, students occupying the area just outside city government headquarters agreed to remove some barricades that were blocking the building's entrance, after the government said it would do whatever was necessary to ensure 3,000 civil servants would have full access to their offices on Monday.

The partial withdrawal appeared to be part of a strategy to regroup in another part of town, as protesters were urged to shift from other areas to Hong Kong's Admiralty shopping and business district, a central location near the government's main offices that has served as an informal headquarters for the protests.

Alex Chow, another student leader, said he was not worried about the crowd dwindling as people prepared to return to work and school on Monday.

"People need rest, but they will come out again. It doesn't mean the movement is diminishing. Many people still support it," Chow said.

Officials said they intended to have key streets open for schools and offices by Monday morning, but it was unclear whether they would act to clear the streets and other areas by force or just settle for a partial victory in clearing some roads.

Tens of thousands of people have poured into the streets of the semi-autonomous city since Sept. 28 to peacefully protest China's restrictions on the first-ever direct election for Hong Kong's leader, promised by Beijing for 2017.

The protests are the strongest challenge to authorities in Hong Kong — and in Beijing — since the former British colony returned to Chinese rule in 1997. THE ASSOCIATED PRESS

Rebuilding Gaza Strip

Abbas to ask for $4B to fund Gaza Strip reconstruction

More than five weeks after the Israel-Hamas war in the Gaza Strip, tens of thousands of people whose homes were destroyed or badly damaged in the fighting still live in classrooms, storefronts and other crowded shelters. In some of the hardest-hit areas, the displaced have pitched tents next to the debris that once was their homes.

Reconstruction efforts appear stymied by a continued Israeli-Egyptian border blockade of Gaza and an unresolved power struggle between Hamas and Palestinian President Mahmoud Abbas.

Those involved in rebuilding say the post-war paralysis finally will come to an end next week, with an international pledging conference in Cairo. There, Abbas is to ask for $4 billion for Gaza.

The generosity of donors there will depend on Abbas taking charge in Gaza and on prospects of a sustainable ceasefire between Israel and Hamas. The international community already has pledged millions of dollars for Gaza relief, but Abbas is seeking larger sums — $4 billion for reconstruction and $4.5 billion in budget support for his government through 2017. THE ASSOCIATED PRESS

Search for 43 missing students leads to mass graves in Mexico

Iguala. Families offer DNA samples to find out if burned remains are of those who disappeared amid violent protests

Students and the relatives of missing students unfurl a banner as they block a main highway in Chilpancingo, Mexico, on Sunday. Protesters are demanding answers a day after security forces found a mass grave, raising fears the pits might hold 43 missing students. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

Security forces investigating the role of municipal police in clashes in Iguala, Mexico, have pulled several burned bodies from mass graves on the edge of town, a lawyer for the families of 43 missing students said Sunday.

Attorney Vidulfo Rosales said the remains were those of an undetermined number of people, and were unidentified. Relatives of 37 of the missing people have provided DNA samples that will be used to determine if the remains belong to any of the students, the attorney said.

The students have been missing since last week in violence that also resulted in six shooting deaths.

Guerrero Gov. Angel Aguirre said Saturday that the victims were "savagely slaughtered."

Guerrero State Prosecutor Inaky Blanco said eight more people had been arrested in the case, adding to the 22 Iguala city police officers detained after a police confrontation with student protesters last weekend set off a series of violent incidents in the city.

The prosecutor has said state investigators had obtained videos showing that local police arrested an undetermined number of students after the initial clash and took them away.

State prosecutors have said the first bloodshed occurred when city police shot at buses that had been hijacked by protesting students, killing three youths and wounding 25. A few hours later, unidentified masked gunmen shot at two taxis and a bus carrying a soccer team on the main highway, killing two people on the bus and one in a taxi. THE ASSOCIATED PRESS

A history of violence

The Aytozinapa Normal school attended by the missing students is known for militant and radical protests that often involve hijacking buses and delivery trucks.

- In 2011, two students from Aytozinapa died in a clash with police on a highway that leads to Acapulco.

Ferguson

Protesters change symphony's tune

Several people protesting the shooting death of black teenager by a policeman interrupted a performance of the St. Louis Symphony.

Reports say that as the musicians were about to perform, demonstrators began singing and unfurled banners related to 18-year-old Michael Brown's shooting in August in Ferguson. THE ASSOCIATED PRESS

Iraq

Soldiers publicly executed by ISIS

Militants from the Islamic State of Iraq and al-Sham (ISIS) on Sunday publicly shot and killed six Iraqi soldiers captured in a province where the extremists continue to advance despite U.S.-led of airstrikes.

The killings took place in the town of Hit, about 140 kilometres west of Baghdad. THE ASSOCIATED PRESS

Palestinians go along for the ride during Eid al-Adha

Palestinians enjoy a ride in an amusement park during Eid al-Adha, a holiday celebrated by Muslims worldwide, in the West Bank city of Jenin on Sunday. Eid al-Adha, a three-day holiday that started Saturday and commemorates the willingness of the Prophet Ibrahim to sacrifice his son in accordance with God's will. MOHAMMED BALLAS/THE ASSOCIATED PRESS

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'Miracle dog' finds new home

Lazarus rising. After being hit by a car, four-year-old dog survives euthanasia injection and gets adopted

Lazarus, a mixed-breed dog who survived a euthanasia attempt and a car accident, sits in the sun of his new owner's yard.
JAY REEVES/THE ASSOCIATED PRESS

Animal control officer Wanda Snell knows what she saw: A veterinarian inserted a needle into the black-and-brown mutt and injected a chemical meant to euthanize the dog no one had adopted. The animal moved a little, and then faded.

What she can't explain is how the dog rebounded overnight and recovered from what is typically a lethal injection.

Snell said she arrived for work the next morning and saw the dog standing in an outdoor pen linked to the interior kennel. It had walked out and helped himself to some water.

A rescue worker who retrieved the roughly four-year-old male dog after the failed procedure named him "Lazarus" after the man the Bible says Jesus brought back to life.

Records show the dog arrived at the shelter on Aug. 19, cut and bloody after being struck by a car, with a pad missing on his left rear foot.

After his recovery, another adoption call was made on Facebook and Lazarus' fortunes changed. He was claimed by another rescue group leader who turned it over to a family living about 257 kilometres away.

Jane Holston of Helena, Ala. is now serving as Lazarus' foster mother. The dog has been diagnosed with a dangerous case of heartworms but is on medication, while the leg damaged from the car accident is in a cast and on the mend.

Left for dead weeks ago, Lazarus now romps in the grass and plays tug-of-war with housemate Tucker, another rescue dog living with Holston and her family.

"He's not skittish, he's not afraid of anything, anybody, any sounds. I mean, it's just amazing (with) all he has been through," Holston said.

THE ASSOCIATED PRESS

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STEP INTO ANOTHER WORLD

Towering tradition of human artwork

Members of the Castellers Collas Jove Xiquets de Tarragona fall as they tried to complete their human tower during the 25th Human Tower Competition in Tarragona, Spain, on Sunday. The tradition of building human towers or castells dates back to the 18th century and takes place during festivals in Catalonia, where colles or teams compete to build the tallest and most complicated towers. The highest castell in history was a 10-floor structure with three people in each floor. In 2010, castells were declared by UNESCO one of the Masterpieces of the Oral and Intangible Heritage of Humanity. Scan the image with your Metro News App to see more from the 25th Human Tower Competition.

EMILIO MORENATTI/THE ASSOCIATED PRESS

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IOC's 'arrogance' spurs Norway to pull Olympics bid

Strongly worded response. IOC says Norway's decision to withdraw based on 'half-truths and factual inaccuracies'

Fears of spiralling costs and dissatisfaction at the perceived high-handedness of the International Olympic Committee sparked anger in Norway, making it impossible for lawmakers to back a bid for the 2022 Winter Olympics in Oslo. That vote, last Wednesday, killed Norway's bid and narrowed the list of potential hosts to Beijing and Almaty in Kazakhstan.

On the morning of the vote, Norway's largest newspaper, VG, printed demands the IOC would make to Oslo, including IOC members enjoying a cocktail reception with the King and having special lanes for Olympic traffic.

IOC President Thomas Bach
THE ASSOCIATED PRESS FILE

"The IOC's arrogance was an argument held high by a lot of people in our party," said Ole Berget, a deputy minister in the Finance Ministry.

IOC President Thomas Bach accused the reporting of being overblown.

"Since 1896 every head of state was opening the Olympic Games according to the Olympic Charter," Bach said. "How you can make out of this fact a request for a cocktail party?"

Norwegian dissatisfaction with the IOC dates back long before last week's lurid headlines. Opposition to the bid and the IOC began mounting after the IOC reprimanded four Norwegian skiers at the 2014 Sochi Winter Games for wearing black armbands in memory of an athlete's brother who died on the eve of the games.

THE ASSOCIATED PRESS

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Loonie takes nosedive, is likely to stay below water

HOW TO ROLL
Alison Griffiths
metronews.ca

Do you have a sinking feeling?

The loonie certainly does.

Just a year after predictions of an extended period above par for the Canadian dollar against the greenback, the loonie has sunk below 90 cents US, a six-month low.

I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal.

Some investors will be cheering, others weeping into their beer. Anyone who purchased U.S. stocks a year or more ago has seen a nice appreciation just on currency alone. As the loonie sags, the value of those U.S. holdings rise.

But those who have been sitting on the fence waiting for an overdue stock market correction of 10 per cent or more are now going to pay dearly to buy south-of-the-border equities.

Not long ago, the majority of mutual funds and exchange-traded funds investing in U.S. or other international stocks and indices were hedged. Hedging cancels or neutralizes the effect of currency movements.

The new normal

"I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal."

For a number of years, I have been among many who recommended buying unhedged mutual funds and ETFs where possible. I felt that with the loonie at a 30-year high against the greenback, it was only a matter of time before the trend reversed.

A 10 per cent-plus drop in our currency produces a similar gain when a U.S. investment is translated into Canadian dollars.

Now, it's time to be currency-defensive, at least for U.S. investments, in case the Canadian dollar defies the experts and heads north again. New money should be directed at hedged mutual funds and ETFs. In fact, investors who normally purchase individual stocks might consider investing in Canadian listed, hedged ETFs instead.

Any U.S. stock bought with Canadian dollars will be about 12 per cent more expensive from the get-go, once exchange fees are taken into account.

The currency flu might force travellers to abandon U.S. holiday plans. But at least we're not alone.

The euro, pound, Swiss franc, South African rand and Australian dollar are all dropping like stones against the mighty greenback.

Down low

Canuck buck vs. the U.S. dollar:

- **1952–1960:** $1.02 to $1.06 US
- **1973-1976:** $1.02 to $1.04 US
- **2002-2004:** $.062 to $.070 US
- **November 2007:** $1.10 US (modern-day high)

Pharmacare. Experts call for public coverage of prescription drug costs

About one in 10 Canadians cannot afford to fill prescriptions due to costs.
MARIO TAMA/GETTY IMAGES FILE

It's a buzzword in the medical community, although one that hasn't quite caught fire yet with Canadians at large: pharmacare, a national program that would see prescription drugs covered through a publicly funded system rather than out of pocket.

Many doctors are clamouring for it. Canadians dream of it when faced with sky-high drug costs as when they fight cancer, diabetes, heart disease and other illnesses. Even private insurers aren't entirely opposed.

And now politicians are starting to take up the cause. The federal NDP is calling for national pharmacare, while Ontario's new health minister has emerged as one of its most enthusiastic cheerleaders as he urges a federal strategy.

"I can't tell you how many times I'd have to go into the sample drawer, because I knew if I gave a prescription to someone, they weren't going to fill it because they couldn't afford it," said Eric Hoskins, also a physician, in a recent interview.

Canada, with its aging population, is the only industrialized nation with universal health insurance but no public coverage of prescription drug costs.

An estimated one in 10 Canadians can't fill prescriptions because of the expense. The Organization for Economic Co-operation and Development has also found that Canada has the second highest per capita spending on prescription drugs in the OECD. THE CANADIAN PRESS

TORY'S SMARTTRACK MATH NEEDS CHECKING

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

With less than a month to go before the merciful end of Toronto's marathon mayoral election, candidate John Tory looks nearly unbeatable.

Seriously, it's hard to overstate just how good the guy's current position actually is. He's led every poll since Labour Day. He's had at least a seven-point lead in the last eight polls. He's got endorsements coming in every day from Toronto politicians and important-looking men in suits and ties.

And, critically, neither Doug Ford nor Olivia Chow has really found an effective line of attack against the front-runner.

Ford's attacks are particularly weak. He keeps pushing the absurd idea that Tory doesn't have enough experience to be mayor, even though Tory has spent decades in business and private life as the man who seems to be involved in everything.

Trying to convince voters that Tory doesn't have enough experience to be mayor is like trying to convince people Bruce Wayne doesn't have enough gadgets to be Batman.

Chow's criticisms of Tory are better, but in recent weeks she's been too fixated on some of the specifics of Tory's transit plan. She keeps implying that the western section of SmartTrack will require Tory to literally demolish homes.

There are, in fact, some big and important questions about the SmartTrack alignment through Etobicoke, but it's folly to attempt to paint Tory as so devoted to his election platform that he'd steamroll houses.

It's way more likely that Tory will simply alter his plan once he's elected. He is, after all, the kind of person who's always shown a willingness — almost to a fault — to change his views.

His opponents would be far better to ramp up their criticism of SmartTrack from the funding angle. In other words, let's question the math.

This could be more effective for a couple of reasons.

First because there's a ton of questions about how Tory's vague tax-increment-financing funding plan will actually work. There are questions about the city's debt limit, the amount of development required and even about what it'll mean for the part of our property taxes that funds education.

But more importantly, focusing on Tory's funding plan could give his opponents — particularly Chow — a chance to remind voters of Tory's sudden change of heart.

It's an opportunity to point out that after spending years with the Greater Toronto CivicAction Alliance talking about how politicians need to have an honest conversation about paying for transit, Tory is now backing a sketchy plan that basically promises transit for free.

There's an element of opportunism there, so much so that it seems like a weak point — an opening to do some damage. But Tory's lead is strong, and there's not much time left. The clock is ticking.

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MetroTube

Drone's-eye view

ANDREW FIFIELD
andrew.fifield@metronews.ca

Drone-maker DJI sent one of its gadgets to Iceland to for an intimate look at an erupting volcano — so intimate that the heat melted the face on the camera. The best part about all this? The volcano is called Bardarbunga, an Icelandic volcano handle that you can actually pronounce. (DJI/YouTube)

GETTY IMAGES FILE

Twitter

@metropicks asked: A stalled Disney ride stranded passengers for two hours. What's your most brutal experience being stuck somewhere?

@kendwren: Got stuck in 5 hours of traffic after a 10 hour drive - on a bus full of 30 or so 10-14 year old female Cheerleaders #horrible

@CallaghanAndrew: stuck on slash mountain for 45 minutes midstream, then miraculously works again so we can go down massive slide #neveragain

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in News, page 16 in Scene and page 25 in Sports.

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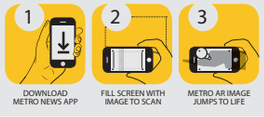

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Harvey Award

Stewart museum gives Burnett its big rabbit award

Actress and comedian Carol Burnett is set to be honoured by a Pennsylvania museum dedicated to actor Jimmy Stewart.

Burnett will receive the museum's Harvey Award at a Friday fundraiser for the James M. Stewart Museum Foundation.

The award is named for the 1950 film in which Stewart befriends an invisible rabbit. It is typically given to someone with connections to Stewart.

Burnett has called Stewart her idol. He appeared on the final episode of The Carol Burnett Show as a surprise guest, ending its 11-year run in 1978. He died in 1997.

THE ASSOCIATED PRESS

Western women in distress, but don't call them damsels

Strange Empire. Set in 1869 Alberta, new CBC drama follows three women as they struggle for survival and independence

The young female stars of CBC's Strange Empire know they're breaking new ground in the western genre.

Set in 1869 on the Alberta-Montana border, the new series premiering tonight stars Cara Gee, Melissa Farman and Tattiawna Jones. After most of the men in their community vanish in mysterious circumstances, the trio of women must fight for their independence and survival.

"We are definitely in distress, but by no means are we damsels," said Farman in a summer interview.

"We're damned selves in distress," joked Gee, cracking up her co-stars.

Gee stars as Kat Loving, a bold Métis woman determined to rebuild her family after a sudden loss. Farman plays Dr. Rebecca Blithely, a mildly autistic savant whose intelligence is thought to be a rare anomaly for her gender. And Jones is Isabelle Slotter, the spiritualist daughter of freed slaves.

"Thousands and thousands of women like this actually existed. Their stories just haven't been told," said Jones, an Ontario-born actress best known for Flashpoint.

"We're showing the story of our foremothers, not just our forefathers," agreed Farman.

metro AR CBC's latest offering is a western-style show with women (Tattiawna Jones and Cara Gee) at the helm. Scan this photo with your Metro News app to watch the trailer. CONTRIBUTED

"The western is a myth of origin. As a nation, it's our tale of beginnings. Women are part of that beginning. So it's very exciting, and I think we're honoured to be part of that kind of storytelling."

Strange Empire, from Durham County writer Laurie Finstad-Knizhnik, has been touted by the CBC as an example of the bold new direction the public broadcaster is taking.

Gee said it was interesting to see the CBC take a chance on the series. "It's unlike anything else that's on TV right now, and it's so dark."

Finstad-Knizhnik said she "got goosebumps" when the producers told her about the basic concept of the show.

"The western is a genre that's very convention-laden and cliché-ridden. The roles for women are particularly tiny and minimal," she said. "I wanted to explode that, just for the fun of it."

She said a lot of research went into creating the series, set shortly after the 1867 Confederation of Canada.

Isabelle Slotter is loosely based on Victoria Woodhull, a white prostitute who eventually became the first female candidate for president of the United States.

Finstad-Knizhnik said it was only natural to have an ethnically diverse cast, as that was the reality of the time. Black and Chinese migrants had travelled north to flee the southern United States and various First Nations groups had been pushed closer together.

"It's a very real history. It's a very fascinating history. And it's one that I don't think we've really declared as a country, either Canadian or American," she said.

THE CANADIAN PRESS

Historic drama

"Thousands and thousands of women like this actually existed. Their stories just haven't been told."

Actress Tattiawna Jones, on the groundbreaking new TV western Strange Empire

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Hollywood's dollhouse of horrors

Evil playthings. As The Conjuring's Annabelle returns, Metro looks at filmdom's dastardly dolls

CHRIS ALEXANDER
scene@metronews.ca

Annabelle, the monstrous doll of The Conjuring, returns to the big screen this weekend. LIZ BROWN/METRO

In director James Wan's 2013 smash hit horror show The Conjuring, the most terrifying thing about the film, arguably, was the prologue-embedded tale of evil Annabelle, the malevolent haunted doll that paranormal investigators The Warrens (played by Vera Farmiga and Patrick Wilson) keep locked in their museum of monstrous things.

Now that the grinning, porcelain-sculpted plaything has got her own movie — the Wan-produced prequel Annabelle, opening wide this Friday — Metro opted to flash back into horror's history and spotlight some of the big scream's other famous deadly dolls, starting, appropriately, with ...

Anthony Hopkins is a ventriloquist working with a deadly dummy in 1978's Magic. CONTRIBUTED

Dolls (1987)

Director Stuart Gordon chased the breakaway success of his off-colour shocker Reanimator with this ultra-gothic contemporary fairy tale, in which a pack of travellers in the English countryside end up spending the night in a kindly toymaker's mansion, home to his dense collection of meticulously designed dolls. But all is not what it seems, naturally, and soon the dolls wake up and do some very, very bad things…

Puppetmaster (1989)

Dolls' producer Charles Band was so taken with his initial excursion into killer-toy cinema that he remounted the concept for this home-video hit that spawned nine sequels, and dozens of other popular Band-produced "evil toy" B movies. This one sees a troupe of supernatural living puppets trap a gaggle of folks in a house and off them one by one, in often gruesome ways. Plenty of demented fun with top-notch David Allen stop-motion effects work.

Magic (1978)

Anthony Hopkins gives one of his most memorable early performances (matched by co-star Ann-Margret) in this shuddery, bizarre tale of an unstable ventriloquist and his possibly haunted, decidedly lethal dummy. Plenty of eccentric touches and scares in a film that anticipates Wan's own thriller Dead Silence and echoes a pair of choice episodes from TV's The Twilight Zone, Caesar and Me and The Dummy. Speaking of which ...

The Twilight Zone: Living Doll (1964)

One of TZ's wildest episodes, Telly "Kojack" Savalas stars as a boorish man whose stepdaughter brings home a smiling chatty doll named Talky Tina. After muttering a slew of pre-programmed pleasantries, the Living Doll of the title turns to the abusive patriarch and promises to kill him. She makes good on that promise. One of the show's most beloved instalments, it most certainly paved the way for…

Child's Play (1988)

The mother of all homicidal doll movies, this Tom Holland (Fright Night) directed thriller sees a voodoo-loving serial killer transpose his soul into the plastic body of a Good Guy doll. When said killer Cabbage Patch Kid, named Chucky, is bought by a harried single mom for her son, the Good Guy gets his mitts on a sharp instrument and resumes his maniacal ways. Clever, witty, suspenseful and genuinely scary, Child's Play has spawned four sequels to date.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Levine mellows with marriage, Lavigne ages without Chad

STARGAZING
Malene Arpe
scene@metronews.ca

This week in Is Anything Even Real Anymore? 1. Kelis says she doesn't like milkshakes. 2. Tom Selleck says he's never given his moustache a nickname. 3. A Swiss study finds that cows really hate the sound of cowbells. 4. Ashton Kutcher reveals the name of his daughter (Wyatt Isabelle) and posts pictures of random babies and animals. 5. The trailer for Katherine Heigl's Home Sweet Hell indicates the odd possibility the movie may be funny. 6. Lindsay Lohan gets OK reviews for her Speed-the-Plow performance.

Kendall and Kylie Jenner's novel sold only 13,000 copies. "That's the final straw," says Kris Jenner, "they'll have to learn how to read and write, after all."

In the new Maroon 5 video, Adam Levine plays an obsessive, blood-covered, neck-bearded stalker. So nice to see that marriage has mellowed him some.

Avril Lavigne celebrated her 30th birthday without Chad Kroeger. Which really is the most perfect birthday present for any woman at any age.

Bono says George Clooney's wedding "was very emotional and lovely." Which is pretty much the same as the response to the

latest U2 album, except for the "lovely" part.

Brad Pitt says he and Shia LaBeouf got into a fight with Scott Eastwood on the set of Fury. Unfortunately, he didn't mention whether he and Scott were both shirtless, so it's really not all that interesting.

LiLo might lie low after reviews of stage debut

Lindsay Lohan's London stage debut is out of previews and officially opened, but the critical response has not improved.

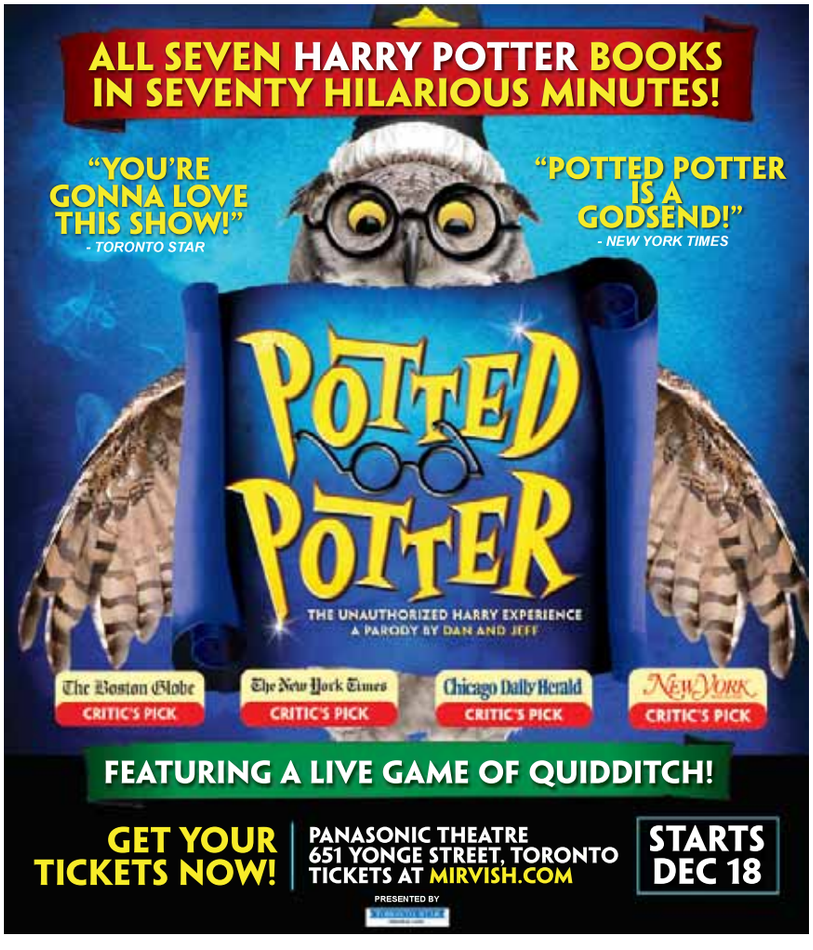
Mark Shenton, writing for The Stage, says Lohan is "clearly out of her league and embarrassing on stage, still calling for prompts."

Quentin Letts of the Mail Online calls her turn in David Mamet's Speed-the-Plow a "travesty of art" and criticized the show's producers because they "sold their art for a potage of notoriety."

Even the positive reviews feel like backhanded compliments, like Michael Billington's Guardian review that praises Lohan for a "perfectly creditable performance"

Still, Lohan's got some influential fans on her side, like Oprah Winfrey, who stopped by backstage after a performance.

I guess bad feelings they had over the Lohan-focused reality series Winfrey produced are behind them.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Budgets are mind over money

Take control.
Unconscious spending can quickly add up. Think before opening that wallet!

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Grocery shopping without a list? Only if you want to blow your budget! ISTOCK

When everything's rolling along hunky-dory, it's easy to get into the habit of spending money. The full-on cable package with a side order of sports or movies is an easy buy when money is aplenty. The extra-large latte as you're rolling into work becomes a must-have. And lunches are a well-deserved reward for all the extra hours you put in. Thousands of bucks out the window without a second thought. Unconscious, habitual spending with only a momentary payback. Instant gratification at its finest.

If you're buying coffee a couple times a day and dropping $4.75 a pop, that's $2,280 a year. No, I'm not suggesting you give up your fix completely. Switch your caffeine dealer or sip smaller and send the rest to your emergency fund or your long-term savings. It's not about going without; it's about loving every sip even as you limit your indulgence so you have some money for other important things.

Lunches out are another way unconscious spending gobbles up money. An entrée can run to $15. Add a beverage or a cup of tea with the caramel praline cheesecake for dessert and you're shelling out $35 with tax and tip. Do that three times a week and watch $5,360 a year go down the toilet, literally.

Grocery shopping is a completely different experience than it was when our parents were raising us. We buy cherries off-season for $10 a kilo. A single dragon fruit can run to $4. We buy mangoes, star fruit and avocados in the depths of winter. We buy organic and we pay a pretty penny for the option. How much of what you buy is purchased on impulse? Do you end up using it all, or do you throw out those impulse purchases because you never get around to using it all up?

If you don't shop with a list, you're leaving yourself susceptible to all the contrivances retailers have come up with to separate you from your money. Become conscious of what you're buying and you can cut your grocery bill by 30 per cent. If you're currently averaging $1,200 a month for food, that'll save you over $4,300 a year.

Most people spend more on their insurance than they should. Insurance is yucky, after all, and having put it in place, it's easier to just keep paying whatever you agreed to and not think about it too much. Want to save some money? Most insurers offer a multi-vehicle discount, which can add up to 10 per cent off both cars.

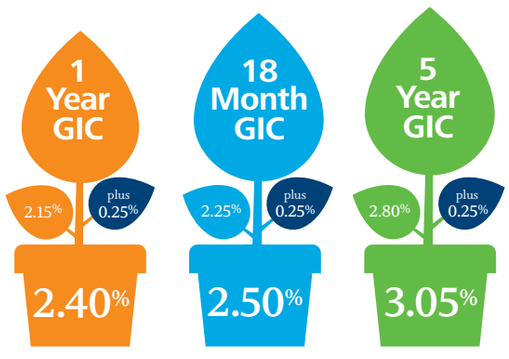
Switch your home policy to the same insurer and save another five per cent. Ask about age, low mileage, anti-theft, occupational and auto club discounts, all of which could save you money. And raise your deductibles to $1,000. Potential overall savings? About 35 per cent.

Carrying a balance on your credit cards? About half of us do. And, sadly, many of us are unconscious enough not to know what it's costing us (or maybe we don't what to know!). Time to get those statements out to see what you're paying. More than 9.9 per cent? With your terrific credit history, you should be getting a better deal. Throw your weight around to have your interest rate lowered. Failing that, get a cheaper card and transfer your balance. A $5,000 balance at 18.9 per cent costs $945 a year in interest. Get the rate down to 9.9 per cent and cut costs by almost half. Better yet, get a teaser rate of 2.5 per cent, and save $820 a year.

Federal and provincial governments see cigarettes as a major source of income. Are you *still* smoking? Seriously? Smoking a pack a day eats up almost $4,500 a year. Sipping three bottles of moderately priced wine a week swallows $2,500 of your hard-earned money annually. It's easy to spend money without giving it a second thought. It's also very expensive.

Quoted

Sipping three bottles of moderately priced wine a week swallows $2,500 of your hard-earned money annually. Gail Vaz-Oxlade



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A case of sticks and stones or a gentle joke?

Dear Metro,

My boss has started calling me a humiliating nickname that I don't like: Shrimp. At first she just wrote it in emails, but she's started using it with other staff members. This week she even called me Shrimp during a meeting with outside clients! I know I'm short, but I don't like having it pointed out on a daily basis. I've hinted that I don't find it funny, but it didn't help. How do I get her to stop?

— That's Not My Name

OFFICE SPACE
Eleni Deacon
life@metronews.ca

If the humour vibe around you is more endearing than it is snearing, it may be time to get in on the laughter. ISTOCK

Dear TNMN,

Hey there, Shortstop. Is it OK if I call you that? What about Squirt? Still weird? As a fellow member of the vertically unimpressive (I hit five feet two inches and a *very* significant half), I can empathize with the shrimp complex.

The top shelf is beyond your reach. Your jeans drag on the floor. You can barely ride a roller coaster. It can be frustrating — especially when there's a Shaquille O'Neal standing in front of you at a concert.

But beyond the practical irritations, being small is no big thing.

Which means this nickname should not make paella of you. Since your boss has ignored your hints, assess her motivations.

Maybe her crustacean-fixation is a genuine term of endearment: The nickname could signal you've entered her inner circle. If that's the case, I suggest owning it. When she pokes fun of your height in a meeting, ask for a booster seat.

When she addresses an email to Shrimpie, sign back Red Lobster. Get in on the joke, rather than letting the joke get you.

But if she's calling you Shrimp to belittle you — literally — that's another kettle of prawns.

Bully bosses can skewer your sense of workplace self-worth, slowly charring your confidence to a BBQ'd husk.

In this case, the same logic holds: owning the joke will take away its power.

If you're not comfortable making fun of your own under-par stature, scrap the hints and be direct.

Tell your boss you're no hors d'oeuvre, and keep saying it until she stops. Shrimp may be invertebrates, but you've got a spine.

However you choose to deal with this, be your own a captain — not a kebab.

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Harvesting empowerment in produce

Food for thought. A school break — and a lesson in hard work — for teen farmhands during potato season

Do you think the benefits of exposure to a field of work merit a pause from a pen and paper? ISTOCK

In the gentle hills of northern Maine, far from the rocky coastline and lighthouses, teenagers trade warm classrooms for cold potato fields every fall, just as they have for generations.

Schools shut down — sometimes for weeks at a time — while their students haul in the harvest or monitor conveyor belts for potatoes that don't measure up as farmers rush to fill their stores before the ground freezes.

But as farm operations consolidate and heavy machinery make them more efficient, farmers wonder how much longer there will be a place for the harvest breaks that as little as 20 years ago saw kids hand-picking potatoes for 50 cents a barrel.

"Eventually it'll probably fade away," said Wayne Garrison, the 72-year-old co-owner of Garrison Farms, which hired eight high school students to help harvest its 700 acres of potatoes. "I'd hate to see it go, I really would."

Nearly a dozen high schools here emptied for this year's harvest — fewer than the old days, when virtually all schools shut down.

This year, only a handful of high schools have closed for the entire three-week harvest. And school boards are continually grappling with whether or not to continue the tradition as modern farming reduces the need for large numbers of labourers.

"All things change," said Don Flannery, executive director of the Maine Potato Board. "Will there be harvest recess 10 years from now in Aroostook County? I'd be surprised."

The harvest is a dirty, noisy mechanized ballet of tractors, trucks and fork lifts. But there's still a need for young farmhands, for now at least.

On a recent day in Mapleton, 16-year-old Nick Powers was operating one of the potato trucks, creeping alongside a harvester that offloads more than 30,000 pounds of potatoes every 15 minutes. "It's not easy work, but it's a good way to make quick money," he said.

Those who work the full three weeks will earn about $2,000 — money some will save for college, a car or hunting gear. They'll also get a lesson in hard work.

"It's a good learning experience," said 16-year-old Malerie Buck, another Presque Isle High School junior and the daughter of one of the farm's owners, who was lined up along a conveyor belt, pulling rocks, plants and bad potatoes as they tumbled by. "You never know what work is until you do something hard."

Brent Buck, who was overseeing his daughter and other teenage workers in Mapleton, said the work is dirty, noisy and scary — full of many moving parts and big equipment.

"But there's something to be said for the fact that people are earning that first paycheque," said Buck, who along with two brothers owns a farm with 300 acres of seed potatoes. "You see that transition with the first job, the first paycheque, and the first opportunity."

The harvest break was once the norm in agrarian society but has long since been abandoned in most farming communities. One of the few other places with harvest breaks is Idaho, the nation's top potato producer, in small cities like Rexburg, Rigby and Shelley, said Don Odiorne of the Idaho Potato Commission.

It may seem strange that classrooms are empty just weeks after students started school. But many educators support harvest break because it benefits communities and teaches hard work.

"Educationally, you could talk to a hundred different people and you'd get a hundred different opinions on the impact of the harvest break on education," said Roger Shaw, school superintendent in Mars Hill. "I'd argue that kids who work during the potato harvest are exposed to a work ethic that they wouldn't normally get."

The work can be difficult, but also tedious. In Blaine, Shannon Scully and her friends have picked up another crucial life skill as they carefully monitor the spuds that come in from the field — finding the little workplace joys that make the day go a little easier.

"We find potatoes that are shaped like animals," she joked.

THE ASSOCIATED PRESS

A window into working life

> **"There's something to be said for the fact that people are earning that first paycheque. You see that transition with the first job, the first paycheque, and the first opportunity."**
>
> **Brent Buck**
> Farm owner

An industry that's definitely not small potatoes

- Up until the 1940s, Maine was the potato capital of the United States, and Aroostook County — a place so vast that it's about the same size as the combined states of Connecticut and Rhode Island — is still home to roughly 50,000 acres of potato farms.

Quit overloading your brain before the test

Study up on success. Learn how to hit the books effectively and stop cramming for good

LAKSHMI GANDHI
Metro in New York City

Picture this: It's mid-term week, and college students everywhere are trying to frantically memorize all of the math formulas, political theories and historical facts they possibly can. Needless to say, most won't be successful.

"Cramming is like stuffing a cheap suitcase," says Benedict Carey, the author of the new book How We Learn: The Surprising Truth About When, Where, and Why It Happens.

"It stays in for a while and then it falls out."

While cramming does work in the short-term, most students forget most of the material within days.

We asked Carey for his advice on how to study more effectively.

Remember to sleep

- Most students probably sense that all-nighters are unhealthy. Carey has the science to prove it. "Sleep is a kind of learning, too," he says. If you feel like you absolutely need an extra few hours to review before your test, Carey says it's better to wake up earlier and study rather than staying up well into the night.

Break things up

Let's say you have three hours to study for a test. Carey suggests breaking up the material into three distinct parts. "It's called spacing," Carey explains. Studying for an hour and then taking a 15-minute break helps you retain information.

Reject creating a routine

It's a myth that students should study at the same time and place every day. "Vary the music, the sights and the sounds around you," urges Carey. Taking your textbooks to a café to study can help you remember the material better. "All of those things enrich that memory," says Carey.

Quiz yourself

Instead of solely devoting your study time to memorizing the material, Carey says students should also make it a point to test themselves.

"Let's say you are studying a language," says Carey. "If I give you 10 words, it's much better to test yourself than to study them again and again."

Turkey Day starts with soup in a shell

Alternative Thanksgiving Week. Some of your guests may have unique tastes and preferences. For the next five days, we've got you covered

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

For a Thanksgiving show stopper, make this delicious pumpkin or squash soup served in the shell. Both are in the winter squash family and have a sweet, smooth and creamy flavour and texture, which makes the soup taste like it's loaded with butter and cream.

Squash and pumpkin are low-glycemic foods, meaning they release sugars slowly and help to keep you feeling full longer. The cinnamon and ginger gives this soup its distinctive flavour.

One cup of pumpkin contains more than 2,000 per cent of your daily recommended amount of vitamin A, which helps your vision. Pumpkins are also a source of vitamin C, which works to improve your immune system — important for the cold weather months!

What makes serving in the shell so quick and easy is microwaving the vegetable — it takes much less time than roasting and keeps its shape.

Ingredients

- 6 small acorn squash or pumpkins
- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 cup diced onions
- 1 1/2 lb cubed peeled acorn or butternut squash or pumpkin
- 3 cups gluten-free chicken or vegetable stock
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- pinch salt and black pepper
- 1 tbsp honey
- 3 tbsp low-fat yogurt

Directions

1. With a sharp pointed knife, pierce the squash all around. Place two squash at a time in the microwave and cook on a high heat for at least 4 minutes or just until barely tender. Cool while preparing soup.

2. Spray non-stick saucepan with cooking oil, add vegetable oil and place over medium-low heat. Stir in the garlic and onions. Cover and cook until softened, about 3 minutes.

3. Stir in squash, stock, cinnamon, ginger, salt and pepper. Bring to a boil, then reduce the heat to medium-low. Cover and cook 15 minutes, or until the squash is tender. Add honey.

4. Remove top of squash cutting below stem. Save for garnish. With spoon remove seeds and stringy flesh and some of pulp to make soup bowl.

5. Transfer the soup to a food processor or blender. Purée until smooth, working in batches if necessary.

6. Ladle into individual pumpkin or squash shells and garnish with a dollop of yogurt.

This recipe serves six. ROSE REISMAN

metro

HUNGRY FOR ELECTION DAY?

We are serving up the Metro Burger Poll in partnership with The Lakeview Restaurant. From **Sept. 15 to Oct. 20** choose your favourite burger based on each of the mayoral candidates and share your photo on instagram using #mayorthisburger.

Will the top burger become Toronto's next mayor?
Keep up-to-date with the Burger Poll @ metronews.ca/burgerpoll

metro LAKEVIEW Burger Poll

Check out the **Metro Burger Poll @ The Lakeview Restaurant** located on Dundas just east of Ossington.

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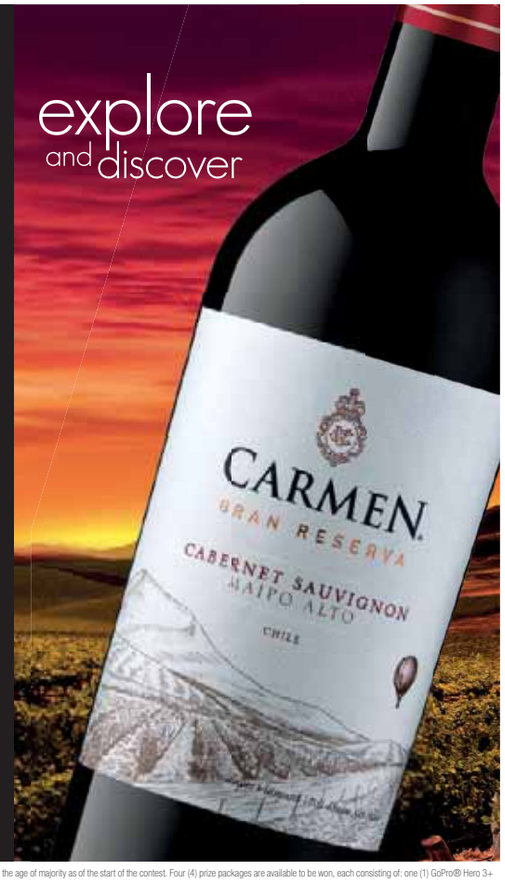

No purchase necessary. The contest is open to residents of Ontario who have attained the age of majority as of the start of the contest. Four (4) prize packages are available to be won, each consisting of: one (1) GoPro® Hero 3+ Black Edition camera; one (1) GoPro® chest mount harness; one (1) GoPro® vented helmet strap mount; one (1) GoPro® handlebar/ seatpost/ pole mount; and one (1) 32 GB sport/ mobile memory card (approximate retail value of $630 CDN per package). Skill testing question required. Random draws will take place on September 22, 2014, September 29, 2014, October 6, 2014, and October 13, 2014; one (1) prize package is available to be won in each draw. Re-entry will be required to participate in each consecutive draw; entries will not be retained from one draw period to the next. Limit of one (1) entry per household per day. Contest opens Monday, September 15, 2014 at 12:01 AM ET and closes Sunday, October 12, 2014 at 11:59 PM ET. Odds of winning depend on the number of eligible entries received in each draw period. To enter and for complete contest rules, visit www.clubmetro.com.

SHUTTERSTOCK

The sensitive issue of your teeth

Don't let pain hinder your winter enjoyment

You are out for a run on a crisp fall morning, you take a deep breath … and ouch! The pain of sensitive teeth can be waiting for you around every corner. What causes it, and how can you manage it so you can enjoy everything winter has to offer?

If you are noticing tooth sensitivity is more acute this time of year, it's not your imagination.

"Surveys have shown that 65 per cent of Canadians say they suffer from tooth sensitivity compared to only around 50 per cent of Americans," says Toronto dentist Dr. Janet Tamo. "With cold drinks, cold food and cold air being top triggers, it's no wonder that more Canadians say they have sensitive teeth."

SHUTTERSTOCK

There are many reasons one can develop sensitivity.

"Acidic foods and beverages, toothbrush abrasion, clenching and grinding of teeth are some of the causes of tooth sensitivity," Tamo says.

Teeth also respond to extremes in temperature, which is why you might cringe when you drink a cold beverage, sip on a cup of hot tea or breathe in cold air. But what causes the pain?

"The dentin (the layer of the tooth that lies under the enamel) has tubules that connect the enamel to the nerve," Tamo says. "If the dentin is exposed due to hard brushing or acid from sugar or acidic foods, the tubules deliver the cold sensation directly to the nerve of the tooth, causing an ache."

For those of us who enjoy playing winter sports, this can — pardon the pun — be a real pain. That's why National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, have partnered with Crest to introduce new Crest Sensi products.

Do you have sensitive teeth that bother you this time of year? Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says.

Also, choose a soft-bristled toothbrush and toothpaste formulated for sensitive teeth to help reduce sensitivity over time so you don't have to avoid your favourite winter activities.

THREE NEW CREST OPTIONS

You don't have to let the pain of sensitive teeth get in the way of your winter fun. Crest Sensi introduces three new players to your oral care lineup to help you fight the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

Oral-B Sensi-Soft Toothbrush with ultra-soft bristles gives teeth a gentle and effective clean. The carefully polished end-rounded bristles are gentle on teeth and gums and the ergonomically designed handle is designed for comfort and control.

Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit crest.com/en-CA/ or facebook.com/crest.

DROP THE PUCK ON A NEW NHL SEASON

Looking forward to hockey season? Celebrate the start of the NHL season at the 2014 Molson Canadian NHL Face-Off, a free hockey and music festival at Yonge-Dundas Square, beginning at noon on Wednesday.

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Cys don't matter as O's Cruz into ALCS

MLB playoffs. Two-run homer by Nelson Cruz wraps up Baltimore's Division Series win over Detroit

The Baltimore Orioles celebrate their Game 3 win over the Tigers on Sunday evening at Comerica Park in Detroit.
LEON HASLIP/GETTY IMAGES

Nelson Cruz, Buck Showalter and an unheralded bunch from Baltimore swept aside Detroit's Cy Young winners.

Cruz sliced a two-run homer for his latest big post-season hit, and the Orioles held off the Tigers 2-1 Sunday to reach the AL Championship Series for the first time since 1997.

Bud Norris out-pitched David Price in Game 3 of the AL Division Series. The Tigers scored in the ninth and put the tying run on second with no outs, but Orioles closer Zach Britton escaped the jam and lifted Showalter into his first LCS in 16 seasons as a big league manager.

"This is fun to watch. Believe me, I'm happier than you can imagine," Showalter said. "But most of it comes from getting to see the players get what they've put into it."

Baltimore opens the ALCS on Friday at home.

"We've got a lot to go and we're grinding," outfielder Adam Jones said. "If we play as a team, we can do anything."

Cruz's homer was his 16th in post-season play, including eight against the Tigers. He was the MVP of the 2011 ALCS for Texas in a six-game victory over Detroit.

Cruz spent much of this past off-season without a team after serving a 50-game suspension last year for violating baseball's drug agreement.

"He knows things were self-inflicted," Showalter said. "He really wanted to re-establish himself, and we thought that we could provide a real good opportunity for him, and the sky might be the limit."

Norris pitched two-hit ball for 6-1/3 innings, and Andrew Miller got five straight outs to keep the shutout going.

Victor Martinez and J.D. Martinez opened the ninth with back-to-back doubles off Britton. Bryan Holaday struck out after a failed bunt attempt, and Showalter made the unconventional decision to put the winning run on base by intentionally walking Nick Castellanos.

That meant the bottom of Detroit's lineup would have to come through. The Tigers sent up Hernan Perez — who had five at-bats in the regular season — to pinch hit, and bounced a 96 m.p.h. fastball into a 5-4-3 double play. It was Britton's second save of the series.

Cruz led the majors with 40 homers this season, and the Orioles topped baseball with 211. It was his two-run homer in the first inning of the opener that set the series tone, and he came through again in the sixth inning against Price. Cruz's drive cleared the wall in right, about two feet to the left of the foul pole.

THE ASSOCIATED PRESS

Game 3

Orioles	Tigers
2	1

- **Go to metronews.ca for more MLB playoff coverage, including Sunday night's game between the Los Angeles Angels and Royals in Kansas City.**

NBA pre-season

Raptors top Kings in Vancouver

DeMar DeRozan scored 21 points to lead the Toronto Raptors to a 99-94 win over the Sacramento Kings in their pre-season opener as the NBA returned to Vancouver for a day.

Jonas Valanciunas and newcomer Lou Williams added 12 points apiece in front of a sellout Rogers Arena crowd of 18,630.

THE CANADIAN PRESS

NBA pre-season

LeBron gets 2nd half off in Cavs' win over Tel Aviv

LeBron James scored 12 points before resting in the second half and the Cleveland Cavaliers gave new coach David Blatt an exhibition win over his former team, beating Maccabi Tel Aviv 107-80 on Sunday night. THE ASSOCIATED PRESS

DUI arrest

Phelps puts swimming on hold

Putting his swimming career on hold after his second DUI arrest, Olympic champion Michael Phelps began a six-week program Sunday that he said "will provide the help I need to better understand myself."

The winningest athlete in Olympic history made the announcement in a series of posts on his Twitter account.

Phelps entered an in-patient program that will keep him from competing at least through mid-November. THE ASSOCIATED PRESS

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Injuries force Carlyle to rethink final cuts

Kessel good to go.
Coach broadens his choices, leaves roster open till eleventh hour

Randy Carlyle at a press conference in September. CHRIS YOUNG/THE CANADIAN PRESS

Randy Carlyle was asked if some of his injured players might be ready for opening night, but his answer strayed to healthy ones too.

"I still think we have a couple of days before we make that final assessment on everybody," Carlyle said. "I would say that there are some performances you just can't ignore — positively and negatively."

Forgive Carlyle for linking the two, as a handful of injuries have clouded the Toronto Maple Leafs' roster outlook leading up to final cuts. Even if ultra-durable Phil Kessel is good to go for Wednesday's season opener against the Montreal Canadiens despite a lower-body injury, it's not clear whether centre Tyler Bozak (lower body), winger Josh Leivo (bruised foot) and defenceman Cody Franson (bruised knee) will be ready.

Jobs hang in the balance.

There's no replacement for Bozak on the roster, but it would be a trickle-down effect if he's not ready. The Leafs' No. 1 centre and Kessel's running mate missed the start of camp and appeared in just three pre-season games, missing Friday's finale.

Leivo's health could affect a handful of Leafs on the bubble, most notably Matt Frattin, who had a camp Carlyle described as "mediocre." His last game might've been his best.

With undersized winger Brandon Kozun earning a spot as the most pleasant surprise of training camp, it looks like there's room for one of Colton Orr, Frazer McLaren, Carter Ashton and William Nylander. Each player except Nylander requires waivers, so decisions should be coming before Monday at noon so the 23-man group can be set by 5 p.m. Tuesday.

Orr is a favourite of Carlyle's, and even though he has emphasized "team toughness," the veteran enforcer looks like a good bet to be on the team, even if it's in a platoon role as a 13th forward. THE CANADIAN PRESS

500 times Peyton Manning

Peyton Manning threw his 500th career touchdown on Sunday against the Kansas City Chiefs in Denver. Scan the image with your Metro News app for more action from around the NFL Sunday. DUSTIN BRADFORD/GETTY IMAGES

Japan Open final

Raonic's 22 aces not enough

Canadian Milos Raonic missed his chance for a second title this season after losing 7-6 (5), 4-6, 6-4 to Kei Nishikori in Sunday's Japan Open final.

The defeat was a tough one for Raonic, who lost last year in the final to Argentina's Juan Martin del Potro and in 2012 to Nishikori.

"It is disappointing to lose in my third straight Tokyo final," he said. THE CANADIAN PRESS

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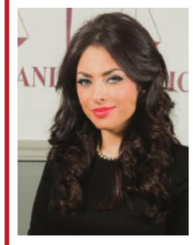

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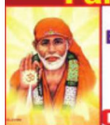

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
It may be hard to figure out why a loved one is behaving badly but you should look for the reason. At work, you are advised to take what others say as the opposite to what they mean.

♉ Taurus
April 21 - May 21
According to the planets you have reached the end of one particular road and what happens in the run-up to Wednesday's eclipse will point you in a new direction.

♊ Gemini
May 22 - June 21
Something may look simple on the surface but if you dig deeper over the next 24 hours you will find it is anything but. Stand back and view what's going on from a wider perspective.

♋ Cancer
June 22 - July 23
Emotions will run deep over the next few days. Don't be shocked if there are a tears. In the greater scheme of things nothing of substance is likely to change.

♌ Leo
July 24 - Aug. 23
Travel and all forms of communication are highlighted over the next seven days, so make sure you plan your comings and goings well.

♍ Virgo
Aug. 24 - Sept. 23
An awkward situation won't seem so once the lunar eclipse in midweek has done its work. Until then, tread carefully when dealing with certain people.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if several things are going wrong all at the same time but is that really the case? More likely you are overreacting to situations you don't really understand, so calm down.

♏ Scorpio
Oct. 24 - Nov. 22
Your enthusiasm for a plan is likely to wane over the next few days, but that's OK. You gave it your best shot and that is all you can ask of yourself.

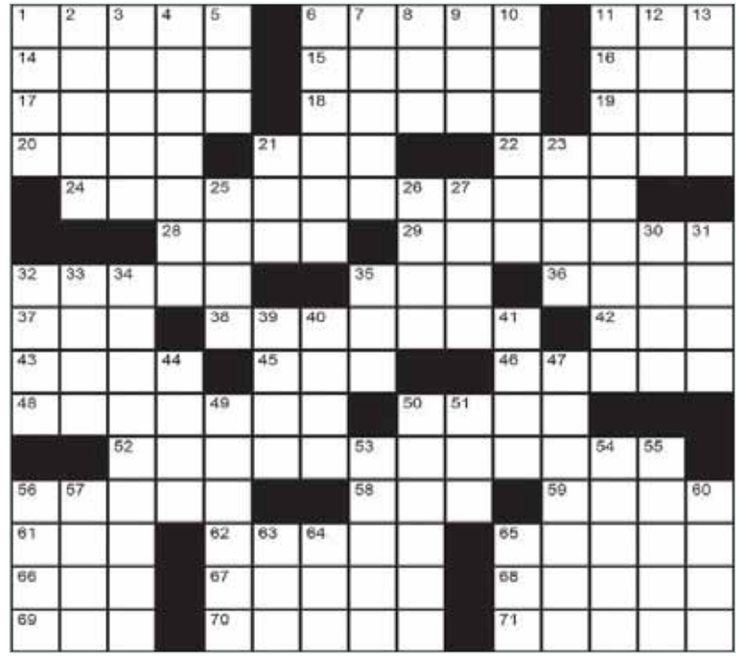
♐ Sagittarius
Nov. 23 - Dec. 21
Don't change your plans because of a minor setback. What appears to be a disappointment now may, in the long-term, be a blessing.

♑ Capricorn
Dec. 22 - Jan. 20
If you are happy with your social standing that's great. If not, start thinking about how you would like to change the way you are seen by the world.

♒ Aquarius
Jan. 21 - Feb. 19
You are in the middle of one of the most fortunate times of the year and even when things seem to go wrong they will come good in the end. With that thought in mind, don't be afraid to take a few risks.

♓ Pisces
Feb. 20 - March 20
You dislike having to admit you were wrong but if you can't bring yourself to do it, the lunar eclipse in midweek will make your error look even worse.

Crossword: Canada Across and Down by Kelly Ann Buchanan



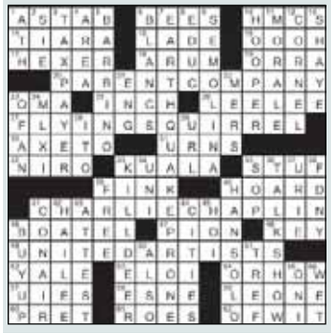
Across

1. Tanya __, 2014 Polaris Music Prize winner (More at #52-Across and #4-Down)
6. Gardener's green digit
11. "Understand?"
14. Before: French
15. "Able was _ __ _ saw Elba." (Palindrome)
16. Pre-1868 Tokyo
17. Mr. Shankar, and namesakes
18. Shiny flash
19. Mr. Torme of tunes
20. Carpe __! (Seize the day!)
21. Leandro's beloved
22. Upgrade from a bike
24. Casual pants choices: 3 wds.
28. Places
29. Momentum
32. Fashion mag
35. Computer co.
36. Desert-like
37. Egyptian Myth: Beatified spirit
38. Stanley Cup winner, e.g.: 2 wds.
42. Celebrity chef Ms. Drummond
43. Malayan sailing boat
45. Assist
46. "I ___" (2001), Penn/Pfeiffer picture
48. Canada Post deliveries
50. 'Emblem' suffix
52. Type of artist #1-Across is: 2 wds.
56. Prince William's surname, as needed
58. "Mad About You" actress ...her initials-sharers
59. Les Etats-__
61. Canadian novelist Ms. McKay
62. Who Farley rescued from that river
65. The __ House (Set-in-Nova-Scotia best-seller by #61-Across)
66. Un-yeses
67. Macbeth's title
68. Marie-Josee __, Canadian actress
69. Approx.
70. Mr. Marley, Bob's son
71. Canadian director Mr. Arcand

Down

1. Canadian convenience store company, Alimentation Couche-__ Inc.
2. AVOIR: J'__...
3. Courtroom mallet
4. Winning album by the Inuk artist at #1-Across
5. Liq. amounts
6. River in Iraq
7. Bound-to-the-land person of ancient Sparta
8. William Tell's canton
9. Fellows
10. Image file format
11. Canadian bread company
12. Nice notion?
13. __ bracelet
21. Little amphibian
23. Tony Curtis/Sidney Poitier movie, "The Defiant __" (1958)
25. "You're putting __ __, right?!"
26. Correspond
27. Ms. Watson
30. Carbamide
31. Come across as
32. Comical Andy
33. Pod vegetable
34. Monday, October 6th: 2014 Scotiabank Giller Prize announcement
35. "__ better be!"
39. __: Spartan Assault (Video game)
40. Ms. Bonet
41. Foremost
44. Languish
47. "Sincerely": 1955 __ Sisters hit
49. Artificial
50. Ms. Tisdale
51. Olde-style word
53. Object
54. Company in 2001 headlines
55. Posh
56. Lessen
57. Actor John
60. "__ Leaving Home" by The Beatles
63. Greek letter
64. "Maple Leaf __": Piano tune by Scott Joplin
65. Alphabetic trio

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	5	4	8	9	7	1	2	3
3	1	7	2	5	4	9	6	8
2	8	9	6	3	1	5	7	4
5	2	3	1	4	8	6	9	7
1	9	6	3	7	5	4	8	2
4	7	8	9	6	2	3	1	5
8	4	2	5	1	9	7	3	6
7	6	1	4	2	3	8	5	9
9	3	5	7	8	6	2	4	1

8		9		5				
			6				1	
	4			3		9		
7		1	5		2	4		
	2						5	
		4	7		3	2		8
		5		6			8	
	3				7			
				9		7		1

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